

Freedom Programme

Evaluation Form Results for Autumn 2025 and Spring 2026

Date of Report: May 2026

1. I am better able to understand different aspects of abusive behaviours and the reasons and beliefs behind them.

● Disagree	0
● Somewhat Agree	0
● Strongly Agree	10



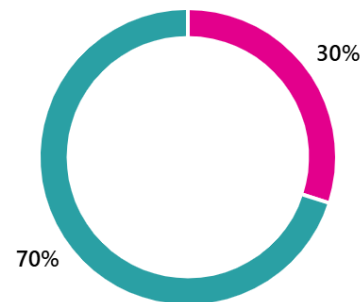
2. I have gained a greater awareness of healthy relationships and non-abusive behaviour.

● Disagree	0
● Somewhat Agree	0
● Strongly Agree	10



3. I have gained some self-confidence and am more compassionate towards myself.

● Disagree	0
● Somewhat Agree	3
● Strongly Agree	7



4. The content of the programme was...

● Too much	0
● Too little	0
● Just right	10



5. The pace of the programme was...

● Too fast	0
● Too slow	0
● Just right	10



6. What was the most useful part of the programme for you?

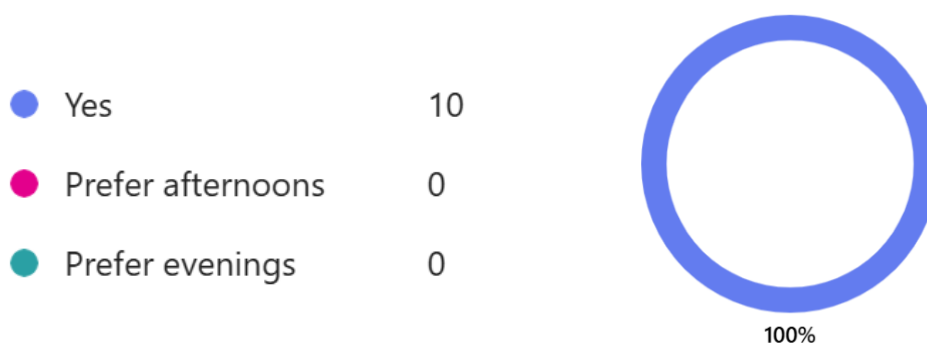
- *The support. Meeting other ladies who understand, feeling heard, believed and supported by other strong women.*
- *A better understanding of the signs of abuse and the different characteristics that an abuser will portray. Also, the support of the group and knowing you are not alone.*
- *Everything. The support I had from the group and just everything being explained a bit better.*
- *Meeting other women who fully understand what you are going through, who get it. I didn't have many friends before finding Oasis and now I have so many lovely mums who reach out to me and I reach out to them weekly. This has made a huge difference in my life.*
- *Clarity around different behaviours and awareness that there are consistent across survivors. I didn't feel so alone in my experiences.*
- *Understanding that what I experienced was abuse and gaining clarity around that. Also being amongst others who understood and could offer support and hope.*
- *Meeting other people going through the same things and hearing about what behaviours are not acceptable.*
- *It was a safe space, an open discussion, informative and there was a psychologist available to explain the workings of the mind.*
- *Understanding the different tactics and recognising the now. Also, meeting other women who have been through similar experiences.*
- *Understanding it wasn't my fault and not to be ashamed.*

7. What was the least useful part of the programme for you?

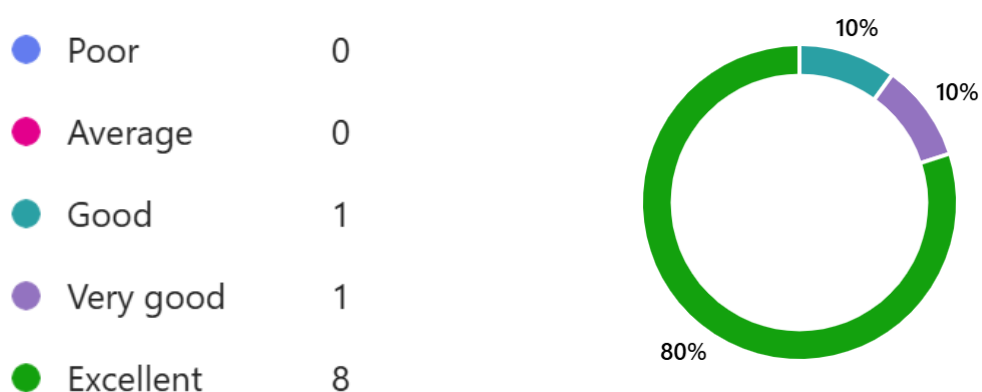
- *Everything was just right about it.*
- *It was all valuable. I feel it could be even longer in length but luckily Oasis offered a self-care session which I also went to. This meant it didn't just stop abruptly, as I had started to rely on and look forward to the weekly sessions.*
- *The whole course is useful.*
- *At times the content was challenging for me as it reignited trauma. That's not to say it's not useful, just that it highlighted parts of my journey that still require healing and help.*

- *Not really applicable as I found it all useful.*
- *The sessions coming to an end.*
- *Some sessions applied to me more than others, but it was still useful to hear about those tactics.*
- *About how children are used only because I don't have any.*

8. This programme ran from 9.30am to 12pm. Did this work for you?



9. How would you rate the programme facilitation?



10. How likely are you to recommend this programme to someone else?



11. Any other comments or suggestions?

- *Keep helping people. You are doing an amazing job, thank you so much for your help.*
- *Thank you for the support.*
- *This course is an absolute necessity to run for domestic abuse survivors. It's a lifeline, a wealth of information and a supportive group to feel completely safe with.*
- *Introduce a 20-minute meditation at the end, I have recently found this hugely beneficial.*
- *Just immense gratitude to Oasis and the team for all their help and support.*
- *The help I have obtained from Oasis has been continues to be profoundly life changing. I had already left the abusive relationship – but that was not enough to regain a life worth living. I feel so hopeful now with your continued support and I can't believe how far I have come since first visiting you.*
- *Maybe the programme could be shorter in time as three hours can feel very overwhelming.*
- *I am so grateful for this program. It needs to be facilitated for children from a domestic abuse background.*
- *I feel the WhatsApp group after the programme is a great help.*